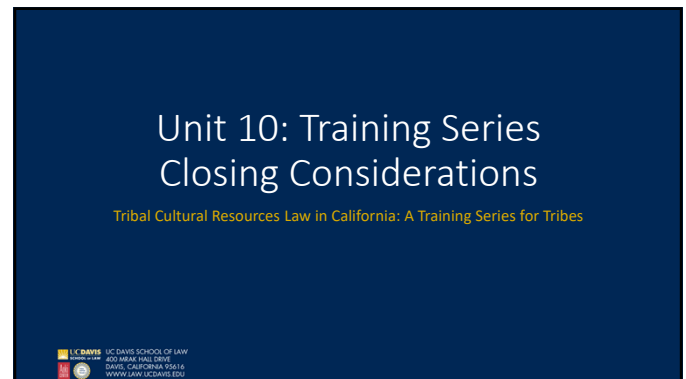
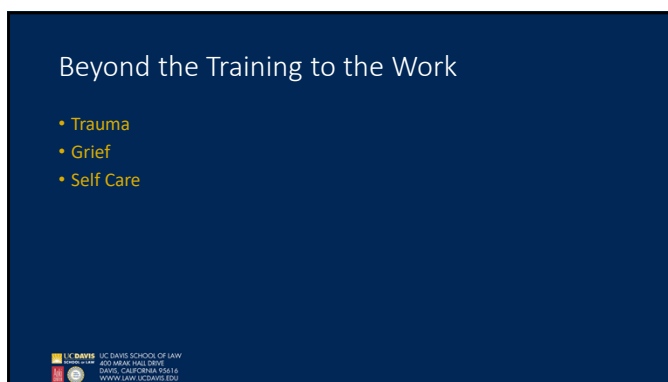




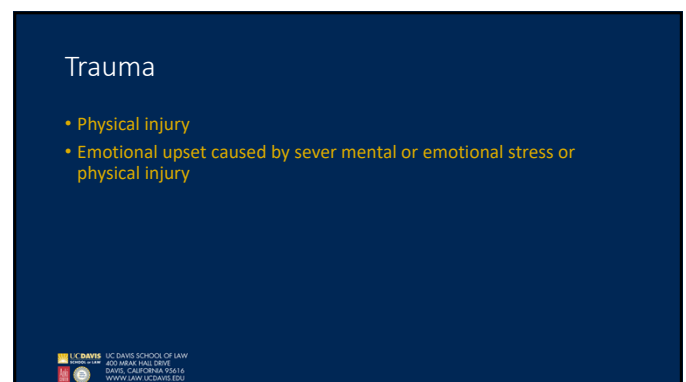
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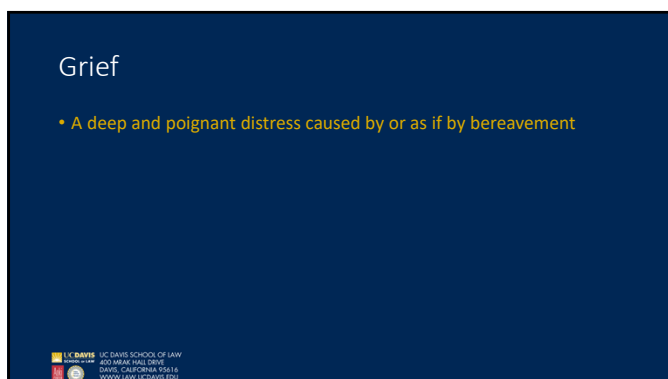
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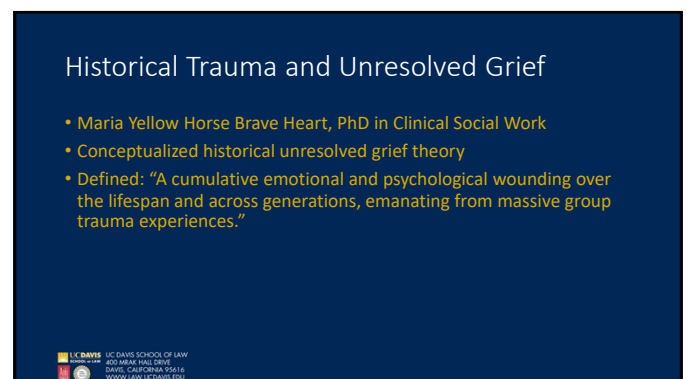
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5



6

## Overview of Indirect Trauma

- Often used in health care context
- Adverse transformations in the professional's behavior, emotions and/or cognitive perceptions resulting from empathic engagement and sitting with the stories of those who have experienced trauma.
- Acknowledges that engaging with someone else's trauma can affect your own behavior, emotions and perceptions.

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## Trauma and Grief for Cultural Resources Work

- Apply all these concepts to the protection and return of resources that you are professionally related to, or that you are culturally or biologically related to.
- If it feels like somebody died, it is because, somebody did
- This work re-exposes us to atrocities of the past and sometimes present around burial sites and other culturally significant places
- Have a plan for dealing with the reactions you may have to this work

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## Self Care – Protective Practices

- Have a plan for protective practices (before, during) and restorative practices (after)
- Consider: physical, psychological, emotional (relationships; personal and workplace), spiritual/cultural
- What will you do to prepare for a meeting, a consultation, a site visit?
- Will you need breaks to eat, pray, meditate, sleep, cleanse (water or fire)?
- What will you do afterward?
- What will your daily routine include to keep you healthy?
- Be realistic, but please, be pre-prepared

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## Self Care Planning - Resources

- Self Care Plan – ReachOut.com - <https://schools.au.reachout.com/articles/developing-a-self-care-plan>
  - Includes a template to fill in self care practices
- Tribal Health and Wellness Centers/Native American Health Clinic Services
  - EXAMPLE: Sacramento Native American Health Clinic - Healing Ways-Traditional Medicine
  - <https://www.snahc.org/specialty/>

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## Healing and Gratitude

Acknowledgments for our Sponsors and Participants

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## Heavy Burden – Personal Gratitude

- Trainor's personal understanding of the heavy burden.
- It is ok to feel whatever you are feeling. (Trainer included)
- This training focused on the law, as a tool to bring healing.
- The law itself has no emotion; it can not bring healing.
- It is the people who enact the laws, amend the laws, implement the laws, and enforce the laws who, by doing their work, can bring the healing and make a space for the healing.
- Thank you all for caring and trying, and not giving up.

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## Native American Heritage Commission



- The funding for this Training Series was provided by the California Native American Heritage Commission as part of the Tribal Cultural Resources Law Project at U.C. Davis College of Law, Aoki Center's Tribal Justice Project.
- This two-year project was funded to provide training, education and awareness related to Tribal Cultural Resources protection and preservation.
- Thank you

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## Directed Moment of Silence

- Pray
- Meditate
- Reflect
- Breathe

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